

CASE STUDY PART 1

INTRODUCTION

Personal Trainer, Inc. owns and operates fitness centres in various cities in Victoria and southern NSW. The fitness centres have done well, and the company is planning an expansion by opening a new "supercentre" in Brisbane, Queensland.

BACKGROUND

Kate Umi, CEO, heads Personal Trainer's management team. Three managers report to her at the firm's Melbourne headquarters: Janet McDonald, manager, finance; Tai Tranh, manager, sales and marketing; and Ryan Curry, manager, operations. The managers who run the 12 existing centres all report to Ryan. Kate wants the new supercentre in Brisbane to emphasize a wide variety of personal services and special programs for members. If the supercentre approach is successful, it will become the model for Personal Trainer's future growth. Kate personally selected Jason Lewis, a manager with three years of fitness centre experience, to run the new facility.

The new supercentre will feature a large exercise area with state-of-the-art equipment, a swimming pool, a sporting goods shop, a health food store, and a snack bar — with healthy

Personal Training Case Study

DeWitt S. Morgan

Personal Training Case Study:

How to Open and Operate a Financially Successful Personal Training Business John N. Peragine, John N Peragine Jr, 2008 Book CD ROM The manual delivers literally hundreds of innovative ways demonstrated to operate streamline your business Learn new ways to make your operation run smoother and increase performance shut down waste reduce costs and increase profits In addition you will appreciate this valuable resource and reference in your daily activities and as a source of ready to use forms Web site resources and operating and cost cutting ideas that can be easily applied to your operation The Companion CD ROM has the actual business plan you can use in MS Word tm

Case Studies in Winning Negotiations

Gerard Assey, 2024-08-25 Case Studies in Winning Negotiations is your essential guide to mastering the art of negotiation across various industries This book dives deep into real world scenarios offering detailed case studies from sectors such as B2B B2C retail and government Each chapter unpacks the strategies challenges and lessons learned from successful negotiations providing you with actionable insights to enhance your own skills Whether you're navigating a high stakes corporate deal or a complex public sector contract this book equips you with the tools needed to achieve the best outcomes It emphasizes the importance of preparation adaptability and building long term relationships while also encouraging readers to develop their own negotiation styles Ideal for both seasoned professionals and those new to the field Case Studies in Winning Negotiations is more than just a learning resource it's a blueprint for success in any negotiation scenario Transform your approach to negotiation and unlock the potential for winning deals with confidence

Advanced Personal Training

Paul Hough, Simon Penn, 2016-11-10 Effective fitness instruction and training programme design require an exercise specialist trainer to combine professional experience with strategies underpinned by scientific evidence This is the first comprehensive fitness instruction and training programme design resource to explore the evidence base of effective programme design drawing on cutting edge scientific research to identify optimum training methods and dispel some common myths around fitness training Putting clients training goals at the centre of the process by focusing on their most common objectives such as improving general health enhancing cardiorespiratory fitness decreasing body fat and increasing muscle mass this book helps the reader develop a better understanding of the physiological principles at the core of successful programme design Simple to navigate and full of helpful features including applied case studies example training programmes and guides to further reading it covers a variety of key topics such as pre exercise health screening lifestyle and fitness assessment nutrition cardiorespiratory endurance resistance and core training recovery from exercise An essential text for fitness instructors personal trainers and sport and exercise students this book provides an invaluable resource for fitness courses exercise science degree programmes and continued professional development for exercise professionals

The Complete Book of Personal Training Douglas Brooks, 2004 This book is the most comprehensive and authoritative resource for you as a personal trainer whether you are a newcomer to the field or have a well established

business The book is truly a complete resource it's full of information about working with clients and designing programs and it's a practical guide to all aspects of the personal training business It will help you in all aspects of your profession learn applicable information on fitness testing and assessment identify your clients goals and create fitness tests specifically for them learn how to develop cardiovascular strength and flexibility training programs properly train and help special populations understand the business side of personal training including marketing yourself as a trainer getting and retaining clients and learning time management learn how to expand your business back cover

Business Management for the Personal Fitness Trainer Charles Ware,Charles Bamford,Garry Bruton,2012-01-25

Program Design for Personal

Trainers ,1993 Program Design for Personal Trainers Douglas Brooks,1998 Have you ever been frustrated by a client who didn't seem to progress off a plateau Are you uncertain how to train clients with special needs Does it seem like you're giving the same exercise routine in the same order to every client And having trouble retaining those clients With 11 years experience training clients and a masters degree in exercise physiology Douglas Brooks can help In his own practice he learned how to build the bridge between science and the needs of each client from older adult to athlete and in this book he shares that knowledge with you You'll learn the science behind the programming How to completely customize a program for each new client Case studies client examples and charts throughout the text help you apply the information immediately

Have a quick question Use the Quick Index and Key Points to find the answer Whether you're just starting out or an experienced trainer Program Design for Personal Trainers is a valuable addition to your library from back cover

Case Studies in Educational and Vocational Guidance John Marks Brewer,1926

Personal Training James Crossley,2013-01-22

Personal Training Theory and Practice Second Edition draws together in one unique volume the personal practical and business skills central to becoming a successful personal trainer This accessible book introduces you to the fundamentals of applied exercise prescription and programme design as well as advanced concepts including nutritional intervention postural analysis and the psychology of behaviour change Key Features updated to reflect advances in training methodology and techniques in line with requirements for professional qualification key points boxes chapter summaries and a glossary of scientific and technical concepts to aid understanding full colour illustrations and photos to support visual learning case studies and sample exercise plans to help you put theory into practice supported by online resources such as self assessment tests downloadable forms and session sheets at www.routledge.com/cw/crossley Personal Training Theory and Practice is the ideal companion and handy reference for those embarking on a career in personal training as well as experienced trainers Reviews of the first edition the ideal companion to turn you from an amateur into a professional sports trainer the only title tailored to meet the needs of UK based personal training Work Out a gem of a book clearly written and presented which makes it easy for both fitness professionals and lay people to understand Definitely worth buying Health and Fitness

A Case Study of Teachers Judged Successful and Non-successful ... James Orr McLaughlin,1930

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Classes in Civics DeWitt S. Morgan,1928 **Foundations of Professional Personal Training** Canadian Fitness Professionals Inc.,2022-08-05 Developed and written by canfitpro Canada s foremost education and certification provider for fitness professionals this third edition of Foundations of Professional Personal Training contains essential information for building skills creating systems to work with clients and preparing for the Personal Training Specialist PTS certification Extensively updated to match the certification standards this edition includes the following New chapters on periodization screening and assessment program design and the canfitpro Personal Training Specialist framework Diverse client case studies to use for practice and application of concepts Details about canfitpro s optimal health perspective which integrates physical activity nutrition and mental well being Strategies for cultivating the client personal trainer relationship Contemporary information regarding inclusive training training in a virtual environment and building a business Foundations of Professional Personal Training Third Edition prepares new and prospective personal trainers for all aspects of their exciting profession Providing key concepts of personal training guidelines for program design and injury prevention and considerations for working with clients this text is an essential resource for preparation for the PTS exam and for a successful career in personal training *A Case Study of the Staff Development and Implementation Process for a K-6 Computer Curriculum Program* Hope Walfrid Erickson,1986 The Personnel and Guidance Journal ,1926 **Case-studies in Teaching** George W. Perry,Pauline Perry,1969 Case Studies ,1969 **Instant Case Studies** Jean Barbazette,2004 Publisher Description *ACSM's Resources for the Personal Trainer* Trent Hargens,American College of Sports Medicine (ACSM),2021-06-25 An essential resource to prepare for the ACSM Certified Personal Trainer examination ACSM s Resources for the Personal Trainer 6th Edition provides critical insights for Certified Personal Trainer candidates looking to boost their exam confidence as well as practicing Personal Trainers who want to take their practice to the next level This updated edition is fully aligned with the eleventh edition of ACSM s Guidelines for Exercise Testing and Prescription and equips readers with the latest practices in client screening exercise program development and working with special populations Published by the American College of Sports Medicine this top selling text guides readers from an introduction to the profession and the science behind the field through the building blocks of a successful exercise program and ultimately the establishment of a successful personal training practice Engaging case studies and study features help ensure the retention for success on the ACSM CPT exam and provide prospective and practicing Personal Trainers with both the tools and scientific evidence to build safe and effective exercise programs for a variety of clients **The Vocational Guidance Magazine** ,1926 **System** ,1923

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